
Senior Citizens of North Brunswick Adult Hula Hoop Fitness 2022

Dance and exercise with hoop maneuvers

**New Glitter Hoops session
beginning**

**Thursday March 17th, 24th, and 31st.
April 7th, 14th and 21st**



Adults - Thursdays, 12:00pm till 1:00 p.m.

New spin on fitness!

*Tone and strengthen your entire body
while increasing your energy, flexibility, and confidence.*

**Classes meet for 6 weeks and will be held at the
North Brunswick Senior Center
15 Linwood Place
North Brunswick Township NJ, 08902**

**Sessions are low impact cardio workouts.
Participants burn 400-600 calories an hour.**

All classes instructed by Agnes Carbone, Hoopnotica certified

Hoops will be provided by the instructor for class use.

To register call: 723-418-2222
